



On the Coast



During the season bathing is permitted in the guarded zones from **10.30 hrs until 18.30 hrs**. You must always follow the signals (flags, hooters or signs) given by the lifeguards at the water's edge.

On the masts by the lifeguard posts, flags are flown with the following meanings:



Bathing and swimming is allowed from 10.30 to 18.30 hrs.

However, a red flag in a guarded zone means that swimming is prohibited.

Always follow the directions, advice and warnings of the lifeguards.



For safety reasons swimmers and bathers should not use unguarded zones. Swimming is completely prohibited

Pay attention to the signal flags



Three-cornered green flag =
Bathing and swimming allowed



Three-cornered yellow flag =
Bathing and swimming dangerous.
The use of all floating items is prohibited



Three-cornered red flag =
Bathing and swimming prohibited



Surfing allowed



Surfing prohibited

Surfing only allowed in the designated surfing zones but not in guarded swimming zones

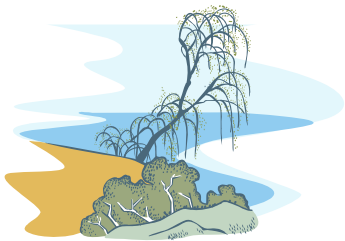
SWIMMING TIPS



USAG Benelux
Installation Safety Office

DON'T BECOME A STATISTIC

Drowning, which can be defined as death arising from impairment of respiratory function as a result of immersion in liquid, is a major cause of death worldwide.



Contributory factors

- Alcohol consumption
- Diving into water of unknown depth
- Bottom surface type
- Water depth
- Lack of adult supervision
- Conflicting uses in one area
- Diving into water from trees/balconies/structures
- Poor underwater visibility

Keep it safe

- Never swim alone. Experienced swimmers can also get into difficulties.
- Non-swimmers and poor swimmers should only go to chest depth in the sea and should always keep contact with the seabed.
- Never swim or bathe in the vicinity of breakwaters, piers or projecting constructions. Always keep a good distance from them, as the currents can be very strong.
- Do not venture on to breakwaters. They can be very slippery from the growth of seaweed and mosses.
- Keep an eye on your children when they bathe, play or swim in the sea.
- Do not swim after hours of sunbathing.

Whenever infants or toddlers are in or around water, an adult should be within arm's length, providing "touch supervision."

Never leave children alone in or near the pool, even for a moment.

Install a fence at least four-foot high around all four sides of the pool.

Your children should wear life jackets at all times when on boats or near bodies of water.

Make sure the life jacket is the right size for your child

- **Rivers, lakes:** forbidden, except in designated areas with a trained lifeguard;
- **Coast:** forbidden, except in designated areas with a trained lifeguard, and under **green flag** conditions.

Additional resources are available on the following websites:

Rivers, Lakes

<http://mrw.wallonie.be/dgrne/>

🇧🇪 Eau 🇫🇷 eau de baignade (in French)

Coast

http://www.dekust.org/FR/visiteur/stations_balneaires/

(Available also in English)